



# Caregiver Corner

City of Alexandria  
Division of Aging and Adult Services

**“When you reach the end of your rope, tie a knot in it and hang on.” - Thomas Jefferson**

## Caregiver Tip:

Flu season has arrived. People 65 years and older and those with certain medical conditions are at greater risk of complications from the flu. Care givers can minimize the risk and spread of flu.

- Get a flu shot
- Cover your mouth when coughing or sneezing, wash your hands often and avoid close contact with others if you sick.
- Caregivers who are in close contact with those needing care can try wearing a mask or use gloves to reduce the risk of catching or spreading the flu.
- Call the doctor if you or those you care for develop flu symptoms, such as a cough, fever, runny or stuffy nose, sore throat, headaches or other body aches or fatigue.

## Caregiver Support Group

**Wednesday, Nov. 7, 2012**

**4 - 5:30 p.m.**

**Alexandria Adult Day  
Services Center**

**703.746.5676**

## Resources:

### MedicAlert + Safe Return Medical Alert Services

It is common for a person with dementia to wander and become lost. Wandering can be dangerous for the person who is lost and stressful for caregivers and family.

MedicAlert + Safe Return is a service that provides specialized, live, 24/7 emergency response service for individuals with Alzheimer's or related dementia who wander or have a medical emergency. The service includes: wandering assistance, emergency response, caregiver notification and consultation services. It also includes medical ID jewelry, a personalized emergency wallet card and a comprehensive emergency medical record. Options also include a GPS-enabled device that can pinpoint a person's location.

For more information or to register online visit [www.medicalert.org/safereturn](http://www.medicalert.org/safereturn) or call 1.888.572.8566.  
For more information on Comfort Zone, a Web-based location service, visit [www.alz.org/comfortzone](http://www.alz.org/comfortzone).

To remove your name from our mailing list, please email [Jennifer.Sarisky@alexandriava.gov](mailto:Jennifer.Sarisky@alexandriava.gov)

Questions or comments? Email [Jennifer.Sarisky@alexandriava.gov](mailto:Jennifer.Sarisky@alexandriava.gov) or call 703.746.5999, Option 1



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